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PAGE 14

Between a rock and long-term care

Wheelchair-bound Ottawa man says he faces an uphill battle trying to get accessible social housing PAGE 3

Flying into a Mideast war

House of Commons poised to approve a motion that would deploy fighter jets in Iraq for up to six months PAGE 8

Senators rookie makes the cut, turns NHL dream into a reality

Hockey. Curtis Lazar looking forward to first regular season game

TREVOR GREENWAY
trevor.greenway@metronews.ca

Curtis Lazar of the Ottawa Senators skates during an NHL pre-season game against the Montreal Canadiens at the Bell Centre on Sept. 26, 2013 in Montreal. RICHARD WOLOWICZ/GETTY IMAGES

Curtis Lazar has made the cut.

It's more exciting than it is surprising that the 19-year-old rookie has cracked the Ottawa Senators roster in his first NHL season: He's dynamic, hard-working and doesn't have too much left to prove at the junior level after leading the Edmonton Oil Kings to two WHL championships and a Memorial Cup.

When the Senators lace up against the Nashville Predators Thursday to open the season, the young No. 27's lifelong "dream of playing in the NHL" will come true.

"I am looking forward to that challenge. Game 1 in the NHL for me, it's going to be pretty exciting," Lazar told reporters following a morning skate Monday. "Hopefully I can get into the lineup and really just make my presence felt out there.... I will be a little wide-eyed."

The decision to keep Lazar on the roster was really a no-brainer, according to TSN 1200 host AJ Jakubec, who said the young gun is just too gifted to leave off the roster.

"He is just such a complete player and he plays so hard every shift," said Jakubec. "Because of his determination and will to go along with the way he sees the game and his skill level, he's just a guy they are going to have to make time for."

The club has put at least nine games aside for the young prospect, as his NHL entry level contract will kick in after that. Unless he flops in those nine contests, Lazar has a real shot at remaining on the team for the entire 2014-15 season.

Quoted

"I am looking forward to that challenge. Game 1 in the NHL for me, it's going to be pretty exciting."
Curtis Lazar

With Lazar in, the coaching staff was left with a handful of decisions to make on aspiring Senators. The club sent down forwards Jean-Gabriel Pageau, Matt Puempel, Buddy Robinson, defenceman Fredrik Claesson and goalie Scott Greenham to Binghampton — decisions that came down to the "numbers game," with the Senators current contract situation.

"You knew there were going to be a couple of tough cuts upfront with Pageau and Puempel," added Jakubec.

Pageau got a taste of NHL success in 2013 when he netted four goals and six points in 10 playoff games with the Senators, including an impressive hat trick against the Habs in Game 3 of a first-round playoff series.

"With Jean-Gabriel Pageau, I am sure it's a pretty disappointing day for him."

Also making the cut was forward Mike Hoffman, who scored two goals in as many nights for the Senators during the pre-season.

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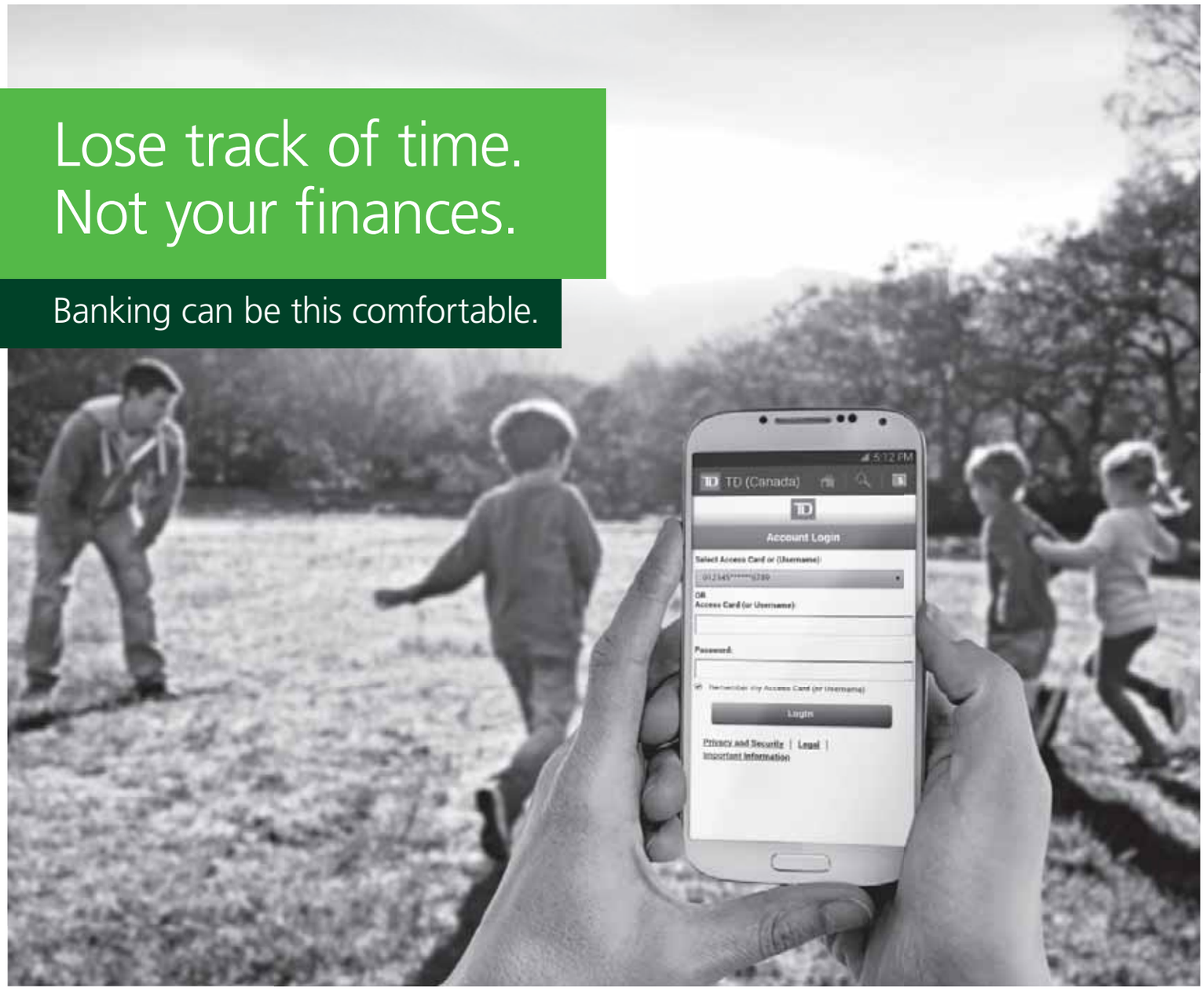

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FIVE THINGS YOU NEED TO KNOW TODAY

1

BAIL HEARING IN GILL CASE

After a delay Monday, a bail hearing starts Tuesday for Bhupinderpal Gill, a Barrhaven man charged in April with first-degree murder in the death of his wife, Jagtar Gill.

2

CITY LIFE

The Association of Ontario Health Centres is releasing a report on the quality of life in Ottawa and panellists will discuss everything from transit to employment recommendations in the councillors' lounge beginning at 10:30 a.m.

3

GALLIANO BACK IN FASHION

It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection in Paris next January.

4

CAN-LIT LIGHTS

Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5

MOONSTRUCK

If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

'I'm not a mental case'

Wait stretches on. Wheelchair-bound Ottawa man stuck in long-term-care home can't get accessible social housing

LUCY SCHOLEY
lucy.scholey@metronews.ca

Adam Traub doesn't know where he'll sleep after Tuesday morning.

The 66-year-old is fed up with long-term care while he waits for a social housing apartment.

"I'm not a mental case," he said, sitting in his wheelchair in a $90-a-night motel room, which his friend Brian Chamberlain rented for him out of concern. It's been Traub's home for the past week.

He checks out Tuesday at 11 a.m.

Traub applied for community housing five years ago, but has been stuck in long-term care after several hip surgeries left him confined to a wheelchair.

He used to work in construction until he started experiencing hip pain in 2008. Unable to make mortgage payments, he applied for social housing a year later.

Surgery kept Traub in the hospital for much of 2010. In 2011, a physician wrote Traub a request for urgent medical status on the social housing list.

He was moved to the Extendicare Medex nursing home, in the meantime. But his bathroom would not accommodate his wheelchair, so he had to go at a Home Depot across the street. Twenty-one months later, he moved to Peter D. Clark Long Term Care Home, but Traub said he doesn't need 24-hour supervision like many of the patients there.

In May 2014, Dr. E.K. Wong wrote another letter on Traub's behalf, requesting he get a community housing spot, saying a nursing home is not an appropriate place for Traub as his "mental and physical states are functioning at a much higher level compared to other residents here."

According to Aaron Burry, general manager of community and social services, there are 10,000 households on the waiting list for community housing. The wait time is about four to eight years. For wheelchair-accessible rooms, applicants wait about three to four years. Those considered "urgent medical status" might wait only a year, but those who are confined to a wheelchair may not be considered urgent.

"You can see him deteriorating," said Chamberlain, whose blue Ford Taurus is loaded with a few of Traub's belongings. He said he would take Traub "in a heartbeat" but his home is not wheelchair accessible.

Brian Chamberlain's car is loaded with his friend Adam Traub's belongings. Traub, who is confined to a wheelchair, has been waiting for subsidized housing for five years. Chamberlain has been paying for Traub's motel room for a week. Traub is so embarrassed by his predicament he refused to have his photo taken. LUCY SCHOLEY/METRO

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'I will forever live with the guilt ...'

Teen pimp. Ringleader's upbringing should be considered when deciding whether adult sentence is appropriate, says defence lawyer

JOE LOFARO
joe.lofaro@metronews.ca

Ken Hall, left, and Josh Clarke, defence lawyers for the ringleader of a teen pimping ring convicted of human trafficking, exit the Ottawa courthouse after the young woman's sentencing hearing Monday. JOE LOFARO/METRO

The 18-year-old convicted teen pimping ringleader pleaded for a youth sentence that would spare her more jail time as she apologized for her "vile actions" to the court and one of her victim's mothers Monday.

She was 15 when Ottawa police arrested her and two accomplices in June 2012 when cops uncovered a human trafficking operation that preyed on girls as young as 13.

The ringleader delivered her victims to johns and forced them to perform sex acts for money.

The mother of the youngest victim sat just a few feet away from her as she said sorry.

"I would like to say that no words could ever convey how solemnly sorry I am. I'm far from perfect, but I'm definitely not the same girl I was at 15," she said, sobbing.

After spending two years in pre-sentence custody she has earned 27.5 high school credits, has indicated she wants to pursue a career in occupational therapy, and has attended more than a dozen sessions with social workers at the Sundance Youth Correctional Facility.

"I realize that the pain I have inflicted upon the victims and their families was extremely wrong and I will forever live with the guilt and regret of my vile actions," the young woman said.

With a trembling voice, she told the court she wants to have a chance to integrate back into society because unlike before, she now has, "aspirations for my future and I'm striving to become a better person."

Defence lawyer Ken Hall asked the judge that his client serve a one-year "custodial and supervisory" sentence in the community.

Hall attributed her criminal behaviour to her troubled childhood, which saw her living in a home that was rampant with alcohol and drug abuse. Her mother worked as an exotic dancer and a prostitute and there were frequent interventions by the Children's Aid Society, said Hall.

"Domestic discord was common. Going to jail was commonplace," said Hall, who added that the young woman was living in a "home where the abnormal became normal."

"This is not the same young girl who skipped classes, used drugs and went to casinos," argued Hall.

Her upbringing should not excuse her actions, Hall added; rather it should be used as consideration when deciding whether an adult sentence is appropriate.

Conduct disorder

Offender needs adult sentence, Crown says

Crown prosecutor Fara Rupert is asking Justice Diane Lahaie to sentence her as an adult and for her to serve an additional three years in custody.

Court heard last week she was diagnosed with conduct disorder and has the traits of a narcissist and a sociopath "in scope."

Rupert has argued voluntary treatment is available for the young woman if she receives an adult sentence.

Rupert brought Dr. Gregory Motayne from The Royal hospital to testify last Thursday to share his insight into the girl's troubled past and what might have motivated her to, at 15, orchestrate a complex network of johns and force unwilling young victims to perform sex acts for money.

Motayne said he diagnosed the young woman with conduct disorder and that she is at "high risk for future serious violence."

Her violent history started as early as Grade 1, he said.

In Grades 5 and 6, he said she bullied a classmate to the point where the victim contemplated suicide.

When she was eight, she and her older sister sexually assaulted a five-year-old boy. No charges were laid due to their age, but the Children's Aid Society became involved with the family after the incident.

The young woman also started to abuse alcohol at 12 and marijuana at 14, both of which were part of her life leading to her June 2012 arrest.

Lahaie is set to rule on whether to sentence her as an adult on Nov. 4.

$2M donation to support cancer coaching

Ottawa Regional Cancer Foundation.
Money will back 10 years worth of programming to help people navigate treatment

TREVOR GREENWAY
trevor.greenway@metronews.ca

Beverley Davis and her husband Brian shake hands with Mayor Jim Watson during a press conference at the Ottawa Regional Cancer Foundation's Maplesoft Centre Monday. TREVOR GREENWAY/METRO

When Brian Davis and his wife Beverley heard the words, "You have cancer," their seemingly perfect world quickly morphed into a "nightmare."

Brian was told he had a year to live and Beverley didn't know how to even think about coping with the tragic news. The two were lost.

"We just came home and were so stunned, like, 'Where do we go from here? How do we deal with this?'" Beverley told Metro on Monday. "At the time, you are paralyzed. You feel like you are underwater because everything is so overwhelming."

But that paralysis didn't last long.

Beverley was set up with a cancer coach, a trained health-care professional who would eventually walk her through all the medical mumbo jumbo she found hard to understand — the diagnosis, the treatments, the long list of medicines. She called her cancer coach her "lifeline."

So it wasn't surprising to see the Davises smiling Monday as the Ottawa Regional Cancer Foundation announced it would be getting a $2-million donation from the Danbe Foundation for cancer coaching.

"There is so much confusion when you are told you have cancer — about the diagnoses, the treatments and all the rest," said Brian, standing next Beverley.

"I could see what my wife was going through and I noticed a real difference when she started coming to the centre and speaking to the cancer coach. It's as if she was able to calm down and put it into a different perspective and that is really important because the stress alone of caring for somebody with cancer takes a real toll."

Athletics

Soccer alliance allows elite players to play with the best

Two of Ottawa's biggest soccer clubs have formed an alliance that will give elite young players a distinct "road map" to play the game at a higher level.

The Ottawa Gloucester Hornets and Ottawa South United have teamed up to create a true soccer community in the nation's capital, one where clubs can exchange coaching techniques, ideas and star players.

Ottawa South United GM Jim Lianos said the partnership isn't intended to get more players to his club, but to give elite players the chance to develop their skills at the highest level possible.

Right now, players maxing out in the top division with the Gloucester Hornets can't make the leap to provincial ball. But with the new alliance, Hornet players will be able to hit the provincial pitch with Ottawa South United.

TREVOR GREENWAY/METRO

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Clinton at ease with Canada's ISIS aid, whatever it might be

Debate in Commons. Former U.S. secretary of state has been very outspoken in the past

The United States will welcome whatever Canada decides to contribute to the fight against the Islamic State of Iraq and al-Sham (ISIS) group, former U.S. secretary of state Hillary Clinton said Monday.

Clinton said she's aware of the debate in Parliament about Canada's future contribution, saying Canada has been an "indispensable" ally in the past.

Clinton indicated no preference in her speech at a Canada2020 think-tank event.

"The United States, I'm sure, will welcome and respect whatever level of support Canada decides is appropriate to help meet this shared challenge."

Clinton said it will be a long-term struggle that will take a military contribution as well as a propaganda war because ISIS is so savvy on social media.

"We need to fight an information war, as well as an air war," Clinton said.

Clinton was breaking with the past in steering clear of Canada's ongoing debate. During earlier visits, she was outspoken on Canadian policy in the Arctic and the need to stay the course militarily in Afghanistan, which rankled the Harper Conservatives.

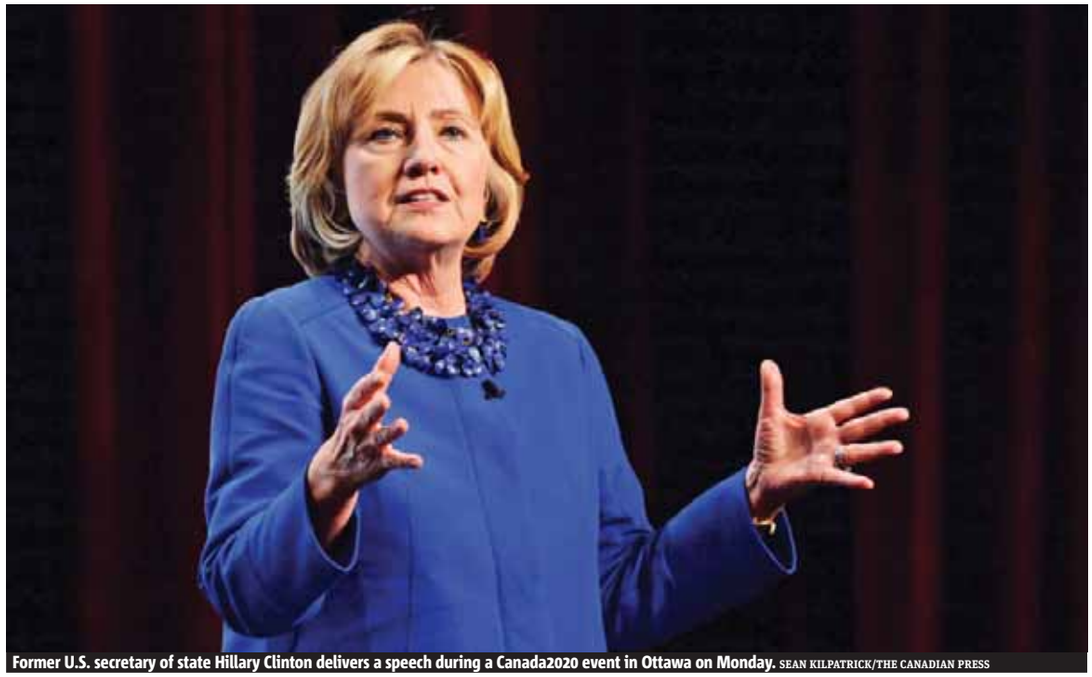
The federal government plans to commit fighter planes, surveillance aircraft and support personnel for up to six months.

The NDP proposes a different mission. It would give the air force a three-month mandate to fly in weapons to local fighters who are facing ISIS. It would also stress humanitarian aid and investigation and prosecution of war-crimes cases.

The Liberals supported Canada's initial military contribution of up to 69 special-forces advisers for 30 days.

THE CANADIAN PRESS

MORE ON CANADIAN RESPONSE TO ISIS, SEE PAGE 8



Former U.S. secretary of state Hillary Clinton delivers a speech during a Canada2020 event in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Ravens shop is in the soup

Dave, left, and Eli Awad, co-owners of Ravens Soup & Sandwich, may have to change their restaurant's name after Carleton University accused them of violating the school's trademark logo. LUCY SCHOLEY/METRO

A small family-owned restaurant near Carleton University has come under fire for adopting a name and sign similar to the school's sports team monicker and logo.

Ravens Soup & Sandwich opened on the corner of Sunnyside Avenue and Seneca Street about a month ago. It wasn't long before a university official stopped in to warn the owners they were violating the school's trademark Ravens name and black-winged logo.

Simon Awad said he thought it would "be a good thing for the area" to name his shop — which is a bit bigger than a large dorm room — after the school's sports teams.

"I get all the Ravens basketball players. I get the Ravens soccer team here. They all come and have soup. They love the soup. It's fresh-made every day. It's healthy food. I'm not serving junk, and the neighbourhood loves us," he said.

In a statement, a Carleton University spokesperson hinted at legal action.

"Both the Ravens logo and the word 'Ravens' are protected by trademark and are owned by Carleton University," the statement reads.

"We are reviewing what further action needs to be taken to protect the university's registered trademark."

The Carleton University athletics logo changed when the team rebooted in 2013, but Awad's version looks similar to the old trademarked version.

Awad said he repeatedly tried contacting the school after the official stopped in but didn't hear anything until students brought in an article from a student newspaper that said the school was considering legal action.

Awad said the city gave him permission to use the name and he invested about $40,000 into the restaurant.

If it comes down to legal threats, Awad said he'd be willing to change his name — possibly changing the "s" to a "z" or changing it to "Kravens" — but he thinks the school should pay to change his signage. It cost about $5,000 in flyers and signs, he said.

"They're a multimillion corporation. What am I? A soup man." LUCY SCHOLEY/METRO

Ride app. Uber says it will stand up for drivers fined in City of Ottawa sting op

Uber is standing behind two of its drivers who were fined in an undercover City of Ottawa sting over the weekend for taking passengers on trips via the company's UberX ride app.

In a statement, Uber said it was looking for a "collaborative process" with the city.

"Costly sting operations that seek to protect a monopoly that has remained unchanged for decades only hurts the consumers that have been asking for expanded transportation choices," the statement reads.

Susan Jones, the city's general manager of emergency and protective services, told CBC Radio the agents had taken rides over $20 — the threshold Uber has set for a promotional period allowing people to take rides under $20 for free.

"This is just part of our initial enforcement," said Jones. "The issue for us is anybody getting into a vehicle that isn't regulated and inspected."

Jones said legally the city could only lay fines when a fee was charged for a ride.

"I'm not OK as a regulator (with) anybody getting into a vehicle where they don't know anything about the driver, the vehicle hasn't been inspected or checked," Jones said.

Approach

"This is just part of our initial enforcement."

Susan Jones, the city's general manager of emergency and protective services

Jones said the city would not have a problem with Uber if it registered as a taxi broker with the city and began dispatching licenced cab drivers.

On Sunday night, the company announced it was extending the promotional period until further notice. It was set to end the promo Monday. METRO

Brain GPS project finds Nobel Prize

'Grid cell.' Discovery represents a paradigm shift in the knowledge of how cells work together

Husband-and-wife team May-Britt Moser and Edvard Moser are seen in a laboratory in Trondheim in 2008. GEIR MOGEN/NTNU HANDOUT/THE ASSOCIATED PRESS

U.S.-British scientist John O'Keefe and Norwegian scientists May-Britt Moser and Edvard Moser won the Nobel Prize in medicine on Monday for discovering the "inner GPS" in the brain that helps us navigate through the world.

Their findings in rats — and research suggests that humans have the same system in their brains — represented a "paradigm shift" in the knowledge of how cells work together to perform cognitive functions, the Nobel Assembly said, adding that knowing about the brain's positioning system may "help us understand the mechanism underpinning the devastating spatial memory loss" that affects people with Alzheimer's disease.

"This year's Nobel laureates have discovered a positioning system, an inner GPS in the brain, that makes it possible to orient ourselves in space," the assembly said.

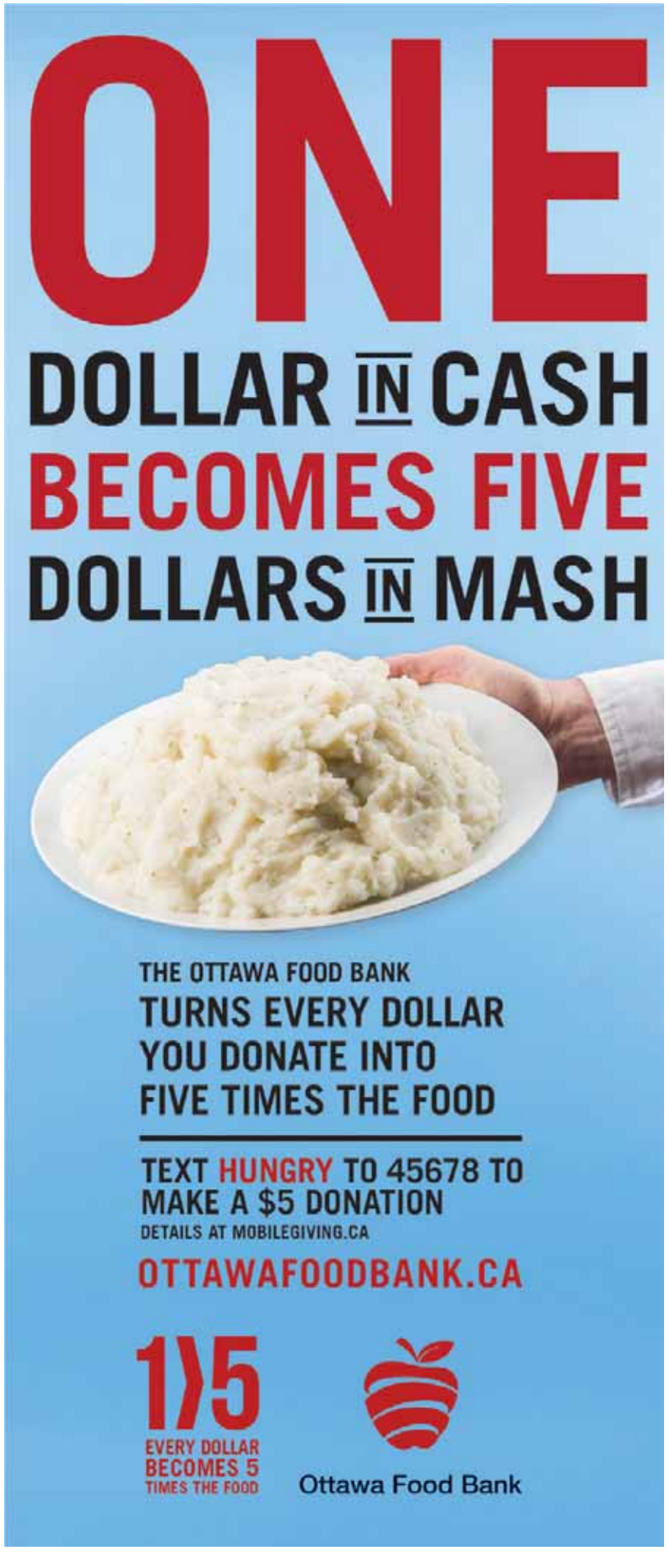
O'Keefe, 75, of University College London, discovered the first component of this system in 1971 when he found that a certain type of nerve cell was always activated when a rat was at a certain place in a room. He demonstrated that these "place cells" were building up a map of the environment, not just registering visual input.

Thirty-four years later, in 2005, May-Britt Moser and Edvard Moser, a married couple at the Norwegian University of Science and Technology in Trondheim, identified another type of nerve cell — the "grid cell" — that generates a co-ordinate system for precise positioning and path-finding, the assembly said.

THE ASSOCIATED PRESS

Jewish teens pedal in prep for Sukkot

In this photo provided by Chabad.org, 10 Chabad-Lubavitch teens on 'pedi-sukkahs' ride down Fifth Avenue in New York on Monday. The pedi-sukkahs are modified pedi-cabs with a Sukkah — a hut-like structure covered with bamboo — attached on the back. The goal of the parade is to create awareness for the upcoming Jewish holiday of Sukkot, a seven-day, biblically mandated holiday which begins Wednesday and ends after nightfall on Oct. 15. ITZIK ROYTMAN/THE ASSOCIATED PRESS



Canada debates role in ISIS battle as fighter jets prepare for takeoff

Fog of war. House of Commons set to approve deploying aircraft to Iraq as concerns raised about civilian casualties

A U.S. soldier begins his journey home at the end of the U.S. military mission in Iraq in 2011. Canadian fighter jets will soon be sent off to war in Iraq, as the House of Commons stands poised to approve a motion that would deploy aircraft to the country for up to six months. KHALID MOHAMMED/THE CANADIAN PRESS

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refuelling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say that the air force will "live up to the highest standards."

National Defence was asked what sort of legal agreements were in place to protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney, would respond with only the blanket assurance that the air force is "authorized to strike (ISIS) in the Republic of Iraq."

Green party Leader Elizabeth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

"They scattered and reform after the jets leave," said May, who asked for evidence that the bombing runs would prove effective.

She wondered whether "the planned mission will do anything other than to fall into the trap (ISIS) has set to get us involved for their propaganda and ongoing efforts to destabilize the region and encourage recruitment."

Also left unanswered by the debate was the question of under what circumstances Canadian aircraft would conduct missions over Syria.

Last week, Prime Minister Stephen Harper said such raids would only be done with the consent of the Syrian government.

THE CANADIAN PRESS

Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

Members of the FBI's Joint Terrorism Task Force arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport.

Khan is charged with attempting to provide material support to a foreign terrorist organization.

THE ASSOCIATED PRESS

Mohammed Hamzah Khan's parents leave the Dirksen federal building Monday in Chicago. Khan is charged with attempting to provide material support to a foreign terrorist organization. AL PODGORSKI/SUN-TIMES MEDIA/THE ASSOCIATED PRESS

Japan

Student suspected of planning to join terrorist group

Japanese police questioned a university student and several others Monday over suspected plans to travel to Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, reports said.

The reported investigation by Tokyo police would be the first indication of possible support within Japan for the militant group. Tokyo Metropolitan Police declined to comment on the reports.

News outlets said investigators questioned a 26-year-old male Hokkaido University student and several men who shared a house with him on suspicion they were preparing to go to Syria to fight.

Investigators believe that the student responded to a poster at a bookstore in downtown Tokyo offering positions for "work in Syria." THE ASSOCIATED PRESS

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Online abuse. Woman accused of hassling missing girl's parents found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who had expressed doubt about Kate and Gerry McCann's explanation following their daughter's disappearance.

Last week, a Sky News reporter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Madeleine McCann disappeared days before her fourth birthday in May 2007 during a vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portugeuse detective alleged the McCanns were involved. THE ASSOCIATED PRESS

United Kingdom

Man admits to hammer attack

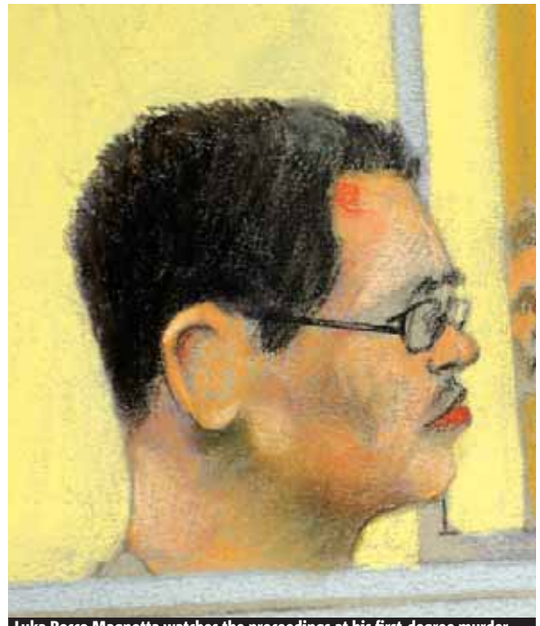
A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them. THE ASSOCIATED PRESS

New York City

Bear cub dead in Central Park

A bear cub was found dead Monday morning by a dog walker, under a bush inside New York City's Central Park. Authorities suspect animal cruelty. THE ASSOCIATED PRESS

Details unclear about how Lin, Magnotta met: Police



Luka Rocco Magnotta watches the proceedings at his first-degree murder trial in Montreal on Sept. 30. MIKE MCLAUGHLIN/THE CANADIAN PRESS

No answers. Phone records, online activity and photos offer no conclusions as to how Lin and Magnotta came into contact

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Magnotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

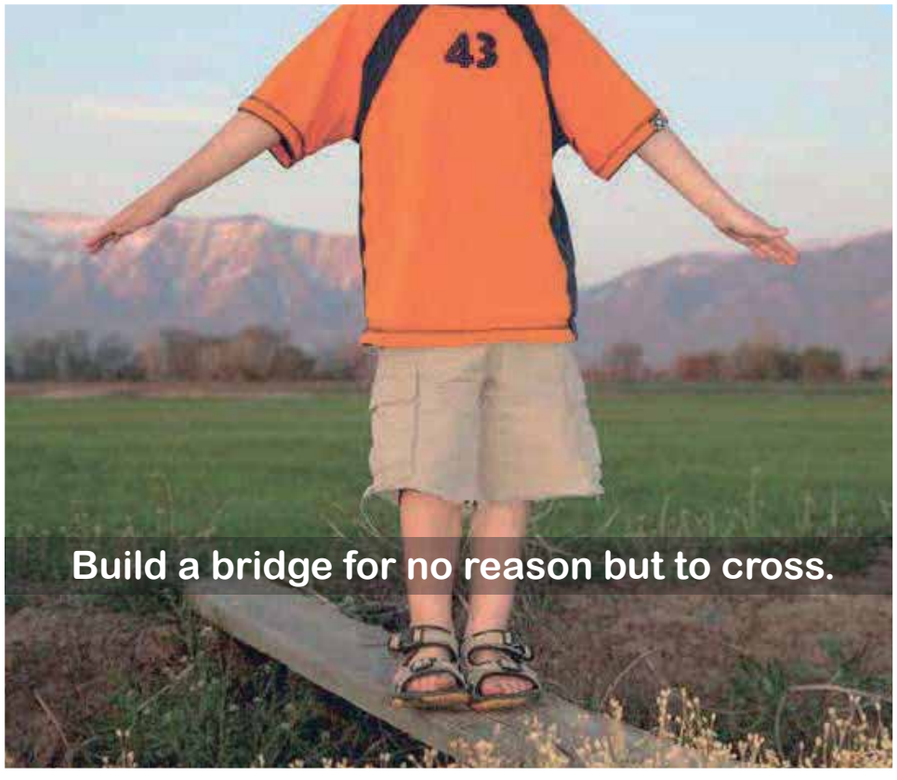
Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. THE CANADIAN PRESS



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of Ottawa

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Start Something.

Hewlett-Packard.
Company splits in two in bid to stem tide of losses

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It also has been shifting its services business toward cloud computing opportunities as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs.

HP hopes that the two units will be worth more separately and be able to grow more quickly apart than they can together.

The planned breakup follows other big companies that have spun off business units in order to drive growth. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.84¢ (+1.02¢)

TSX 14,743.12 (-46.66)

OIL $90.34 US (+$0.60)

GOLD $1,207.30 US (+$14.40)

Natural gas: $3.91 US (-$0.09)
Dow Jones: 16,991.91 (-17.78)

Rose $3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost $22 billion US, up from the original $19 billion when the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares. THE ASSOCIATED PRESS

Storied hotel

Hilton selling Waldorf Astoria for $1.95 billion

Hilton Worldwide is selling the Waldorf Astoria New York to Chinese insurance company Anbang Insurance Group Co. for $1.95 billion US.

Hilton will continue to manage the storied hotel for the next 100 years as part of an agreement with Anbang. THE ASSOCIATED PRESS

Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia buying big chunk of Sun Media

Extra! Extra! Read all about it! National Post owner has a $316M deal to purchase Quebecor's English-language newspapers and websites

Postmedia is scooping up some of the country's largest newspapers and websites as part of an agreement to buy the English-language operations of Quebecor's Sun Media for $316 million.

The move will make the owner of the National Post, and a slate of other digital news properties, a significantly larger player in the print media industry as it moves to compete in the changing media environment.

Postmedia chief executive Paul Godfrey said Sun Media's digital news properties, including the Canoe website in English Canada, were key to the deal.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey told a news conference.

"Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal."

The deal includes 175 newspapers and publications, including the Sun chain of daily newspapers as well as the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

The sale also includes part of the national sales team based in Toronto, Quebecor's Islington printing plant in Ontario and 34 real estate properties in Ontario, Alberta and Manitoba.

The purchase price is subject to a $10-million adjustment related primarily to properties to be sold by Sun Media prior to closing, and other customary adjustments. THE CANADIAN PRESS

Carleton UNIVERSITY | Centre for Research and Education on Women and Work

The RBC Foundation Women in Management Speaker Series

Own Your Success

As women, we are told to "lean in" but often find that we "cannot have it all". We can control our lives and define our own success. Clare Beckton shares with us what she has learned about defining and owning success and the choices that we make about our lives.

Wednesday, October 8, 2014
The Art Bank
921 St. Laurent Boulevard

6:00- 6:30 Networking & Refreshments
6:30-7:30 Keynote Address

A $10 ticket helps to support a participant of the Management Certificate for Women (MCW) program.

For more details and to register, contact AEmilia Jarvis
aemilia.jarvis@carleton.ca

Clare Beckton, BA, LLB (Sask), MPA (Harvard) Executive Director, Centre for Women in Politics and Public Leadership, Carleton University; Chair of the Board of Directors, Queensway Carleton Hospital; Former Deputy Head, Status of Women Canada; Former Assistant Deputy Attorney General Aboriginal Affairs, Justice Canada; Recognized as one of Canada's Top 100 Most Powerful Women

RBC Foundation
RBC Fondation

SPROTT SCHOOL OF BUSINESS

Factory orders decline in Europe's biggest economy

German factory orders dropped sharply in August, led by a big drop in demand from abroad and cancelling out a large rise the previous month, official data showed Monday.

Orders in Europe's biggest economy were down 5.7 per cent compared with the previous month, the Economy Ministry said, a significantly worse showing than the 2.5 per cent drop economist had predicted.

The ministry said big-ticket orders were slightly below average and demand was hit by the timing of school vacations in Germany, but conceded that demand was weakened by the "hesitant economic development" of the 18-nation eurozone and uncertainty caused by "geopolitical events" — shorthand for crises in Ukraine and the Middle East.

The previous month's data had sent a positive signal, with orders rising 4.9 per cent in July following two more modest drops.

"Besides technical factors largely causing this enormous swing … we think that the first signs of fundamental weakness have arrived in the German manufacturing sector," said Andreas Rees, an economist at UniCredit.

A closely watched survey of German business confidence has declined for the past five months amid fears caused by the persistent turmoil in Ukraine and sluggish growth in Europe and China.

The drop in August was led by a 9.9 per cent fall in orders from outside the eurozone, followed by a 5.7 per cent decline in demand from other countries in the eurozone. Domestic orders were down two per cent. THE ASSOCIATED PRESS

GETTING OLD SUCKS — OR DOES IT?

SHE SAYS
Jessica Napier
metronews.ca

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring new skills.** Age certainly does bring wisdom, thanks to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO.** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spending a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased productivity.** The aforementioned low-key evenings mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better relationships.** When you have a home, a job and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-love.** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

Metro Bitstrips caption contest

Today's winner:
Elrich Foster

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

MetroTube

Strange overtones giving us good vibrations

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer Anna-Maria Hefele, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefele/YouTube)

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

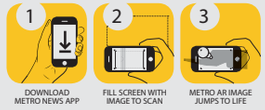
@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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SCENE 2

DVD review

Live Die Repeat: Edge of Tomorrow

Director. Doug Liman, Julianne Jordan

Stars. Tom Cruise, Emily Blunt

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy Edge of Tomorrow — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, The Bourne Identity) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel All You Need Is Kill. Live, Die, Repeat has so much going for it you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on The Da Vinci Code. PETER HOWELL

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us

NED EHRBAR
Metro World News in Hollywood

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, Men, Women and Children, about how technology complicates people's attempts at love, sex and connection.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?

It's the ability to communicate with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad.

Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?

We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet.

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Bieber and Selena back on for the 958th time

Never let it be said that Justin Bieber isn't a show-off. And this week he's apparently showing off that his on-again, off-again relationship with Selena Gomez is very much on again — or at least her relationship with his shoulder tattoos. Bieber posted — then quickly deleted — a selfie to Instagram of Gomez cuddling up behind him, smooching his upper arm while he offers his usual eyebrow-raised, open-mouth confused tough guy look that always makes me think of Corey Haim. The photo was maddeningly free of caption or context, but they seem happy. In related news, according to comments on the photo, the reigning celebrity couple nickname for the pair is "Jelena," but I honestly would've gone with "Gober."

Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.

Keanu Reeves

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledgling online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

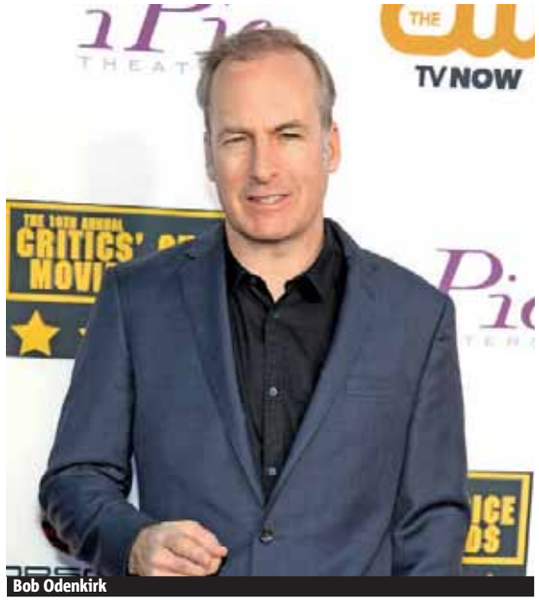
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Theroux-ly annoyed by the press pointing to a biological clock

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do? Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.

Justin Theroux
ALL PHOTOS GETTY IMAGES



Bob Odenkirk

Sing a song of Saul: Fans of future series get teased with a tune

Breaking Bad fans, rejoice. While the show's upcoming spinoff Better Call Saul doesn't premiere until February, AMC is whetting appetites with a delightful country-western music video tribute to the series and its titular crooked strip mall lawyer, Saul Goodman (played by Bob Odenkirk). The song, performed by Junior Brown, features lyrics written by show creators Vince Gilligan and Peter Gould chronicling the many pickles Saul's clients may find themselves in.

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LIFE 3

Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA KIS
Metro in New York City

Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

When it comes to our diets, we tend to focus on the foods we eat. But increasingly, scientists are looking at what we drink as having a significant impact on our well-being. We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect: Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather than not drinking anything at all."

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caffeine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina (chest pain due to poor blood flow to the heart) and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."

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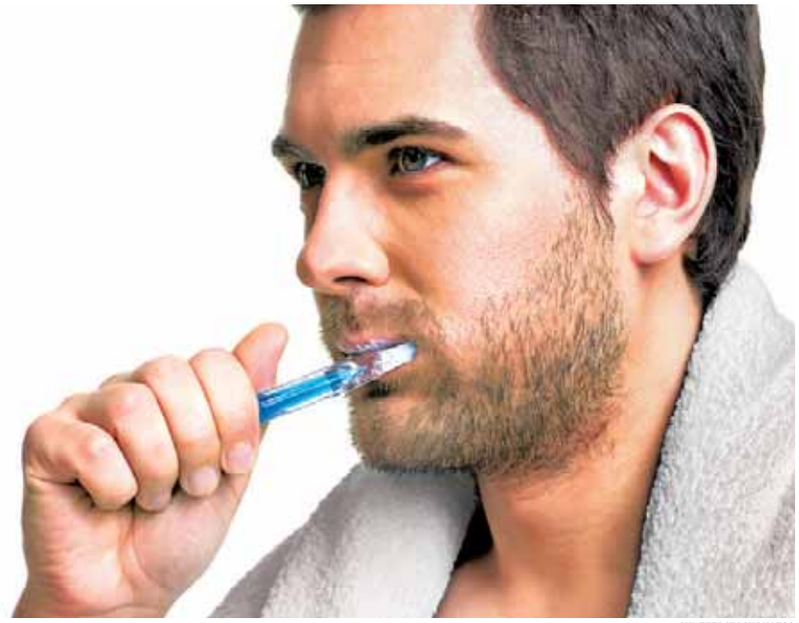

SHUTTERSTOCK PHOTOS

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experience the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says.

She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste.

Just in time for this winter season, Crest is launching Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.

CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

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SHOPPERS DRUG MART

Let's talk sex — but not the porn kind

New book. Author Caitlin Moran has written a novel that aims to reclaim the joys of the feminine experience

EVA KIS
Metro in New York City

Caitlin Moran's protagonist in her new novel How to Build a Girl is, as the title implies, a work in progress. But she doesn't need anyone's help — especially not when it comes to sex.

Johanna Morrigan's gluttonous embrace of the world extends to her libido, uncommon in books about 14-year-old girls and not because that impulse isn't there.

And it certainly didn't wait to be awoken by a man, a criticism Moran has levelled at many of the current entries in the YA genre.

How to Build a Girl reclaims the joys of the feminine experience.

At the book's U.S. launch in Brooklyn, Moran discussed what's wrong with sex for women (of any age) and modern female protagonists.

Another kind of teenage girl

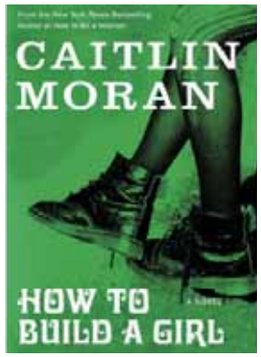
"This book is about many things, but the main thing is that it's a filthy book — it opens with a wank. Basically, I wanted to write about a horny teenage girl I don't see often in popular culture, (to) reclaim the word 'slut.'"

What's missing by omitting women's perspective

"In this book (the first in a trilogy), Johanna doesn't feel confident enough to let a man give her pleasure. She's never seen a man making a woman come. So she doesn't even know where that would happen in the sex; she's worried that if he tries to make her come with his hand that it might take too long, that she'd be known as a hand-wearier."

The sex you have should be your own

"Girls feel that if you've said



Yes at some point to sex, then you have to see it through, it's almost like you've done some kind of contract and you'll be seen as a disappointer if you back away. The two most powerful words you'll learn as a girl are Yes — and No."

What really happened in Fifty Shades of Grey

"I know a lot of people who are in the BDSM community, there are reasons why you're into that sex, and why it pleases you, why it satisfies you, why that's what you need. But she clearly doesn't have the psychological makeup or background ... Basically, she's smacked repeatedly with a hairbrush in exchange for an iPad and a ride in his helicopter."

Author Caitlin Moran's book How To Build A Girl is aimed at young adults. It explores sexuality from the view of a 14-year-old girl. CONTRIBUTED

How porn warps women's view of sex

"This is something I realize that I had done, and as soon as I'd realized it, I was horrified, but if you're a woman, very often, you're not kinda going, 'I'm having sex,' you're thinking what he's thinking. You're going, 'Wow, I must look really good doing this, he must be really enjoying that.' And that's because female sexuality has been mediated through the male gaze. Because of pornography, women are lying there being a porn director in their head, never thinking about what they want to do next.

"That's why (Johanna) starts off with a wank — the first thing she does, you realize that she is in touch with her own sexuality, that she knows how to please herself."

Maintain perspective

"Almost without exception, all the sex that (Johanna) has is awful. Because if you are sleeping around as a teenage girl, almost all the sex you will have will be awful. ... To write a fairly funny, accessible book about the realities of having sex as a teen girl, you have to realize early on that life divides into two kinds of experience: The first is awesome experiences, and the second is terrible experiences that will later make amazing anecdotes."

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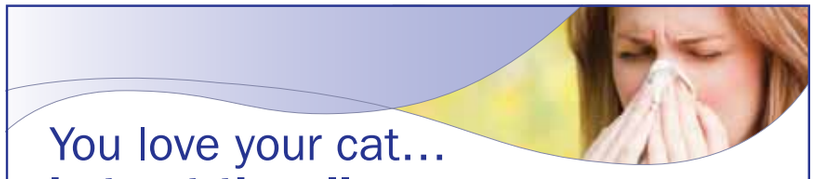


You love your cat...
but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

For more information, please call 613-599-5700 ext. 23 or email kanataallergy@gmail.com

CATALYST
The cat allergy study
www.thecatallergystudy.com

IN THEIR PRIME

Benefits of direct deposit

Federal government will begin phasing out cheques by April 2016

SHUTTERSTOCK

Seniors are among the many Canadians who could benefit greatly from having their pension cheques and other federal payments deposited directly into their bank accounts. After all, there are no trips to the mailbox on blustery, cold, winter days and certainly no trips to the bank if they happen to be feeling unwell or are confined to their home.

The federal government is phasing out cheques by April 2016, so it makes a lot of sense to enrol now rather than leave it to the last minute.

"Direct deposit was one of the first things I did the last time I moved," says Mary Machina, a senior from Ontario. "It was just one less thing I had to think about. Now I don't have to worry about whether my pension cheque has gone in and I can have my bills paid out. If the weather is bad or I'm not feeling well, I don't need to go out to pick up the mail or deal with long lineups at the bank."

Most of Canada's seniors already receive payments such as the Canada Pension Plan, old age security and guaranteed income supplement through direct deposits to their bank accounts. To date, 90 per cent of CPP recipients and 93 per cent of OAS beneficiaries receive their payments electronically.

The remaining few who may be concerned about switching to direct deposit from paper cheques can feel confident knowing their money is safe, secure and much less vulnerable to becoming lost or stolen.

Seniors who sign up for direct deposit do not have to use a computer or the Internet to keep track of their payments. They can still visit their local bank branch and make the necessary inquiries in person. The bank will even help them fill in the direct deposit enrolment form, which has recently been simplified to encourage more Canadians to sign up.

Once completed, payments from that point will be deposited directly into the bank account of their choice at the same time every month.

Why wait until the last minute when you can start to receive your funds electronically now?

To find out more about enrolling for direct deposit, visit directdeposit.gc.ca, call 1-800-593-1666 for more information or to have an enrolment form mailed to you. Or ask your financial institution to help you fill one out. Direct deposit is the fastest, most convenient and reliable way of getting your payments.

– News Canada

Are your feet aligned?

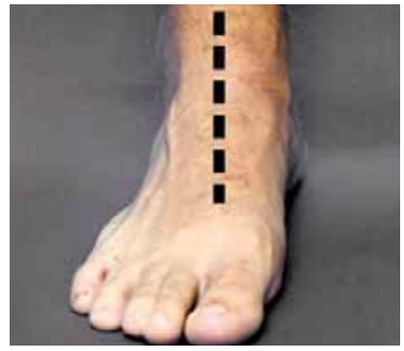
Our bodies are designed to be finely tuned machines. But, like with any machine, the body can fall out of alignment and that's when pain can become a factor. The Ottawa Foot Practice can help correct some of life's natural shifts.

"Too many children to seniors end up with weight-bearing ankle bone subluxation and misalignment resulting in abnormal force transfer that may overload leg and foot ligaments, muscles, bones, joints, or tendons," explained Pierre Dupont, doctor of podiatric medicine and registered chiropodist. "The skeletal system is supposed to bear the body's weight 100 per cent, but when the body is not properly aligned, we have to compensate."

Many of those who come to Ottawa Foot Practice have spent years trying many other methods to eradicate foot, ankle, knee, or lower back pain. "We do see patients who don't want to wear orthotics all the time for the rest of their life," Dupont added.

Visit ottawafootpractice.com.

Before



After CONTRIBUTED IMAGES

SHUTTERSTOCK

Kidney Car offers solution for seniors giving up their car

Donation supports Kidney Foundation

As family members age, it can be a challenge to give up their cars — but thanks to the Kidney Car program, those well-loved vehicles can support The Kidney Foundation of Canada.

"Sometimes it can be tough for older family members to give up their cars when they're no longer able to safely drive," explained David Cybulski, Kidney Car manager. "But the Kidney Car program offers families a feel-good solution, that also makes things easier."

Cybulski explained that the program facilitates the donation of these vehicles in return for a minimum charitable tax receipt of $300. Kidney Car arranges for vehicle pick up and handles all the paperwork within 48 hours. It's a one-stop solution that makes the process easier," he says.

The program receives between 4,000 and 6,000 cars a year. The donated cars are either recycled, resold as is, or — in more rare cases — put up for auction.

"We use a professional towing service that has a lot of experience working with seniors," he says. "They're extremely calm, considerate, and patient."

If someone's interested in learning more about Kidney Car, which is available throughout Ontario, call 1-866-788-2277 or visit kidneycar.ca.

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SHUTTERSTOCK IMAGES

‘Everyone should feel this way’

NutriChem specializes in customized, personal health solutions at its two clinics

At what age are you in your prime? According to NutriChem’s naturopath, Dr. Tanya Manikkam, ND, this can be achieved at any moment in life.

“We have clients who are in their 60s telling us that they feel better now than they did when they were 30,” explains Manikkam. “Everyone should feel this way.”

NutriChem is a compounding pharmacy, clinic and retail store that specializes in customized personal health solutions through the use of scientific tests.

It conducts extensive blood work and urine analysis to find the root cause of a person’s health concerns. NutriChem investigates a person’s hormones, vitamin status, gut bacteria profile, general metabolism, genetic makeup and brain chemicals in order to come up with the ideal health solution.

“Once we know why a person isn’t feeling in their prime, we use a combination of nutrition, supplements, and lifestyle counselling to help them reach optimal health,” says Manikkam. “All of our suggestions are supported by clinical research.”

NutriChem is known for its custom multivitamin and supplement formulas.

Dr. Manikkam explains that, “there are so many people out there taking so many supplements but they don’t actually know if they need them.”

Through its body chemistry balancing test, NutriChem is able to evaluate the needs of a client and produce a custom supplement formula based on the client’s biological makeup.

It is safe to say the customized health care is the way of the future. NutriChem’s goal is to change the face of health care in Canada.

CONTACTING NUTRICHEM

NutriChem has two locations: 1303 Richmond St. and 1185 St. Laurent Blvd.
Contact: 613-721-3669, info@nutrichem.com, and nutrichem.com

Your Personalized Health Solution

“After being prescribed a regime for me, three months later I feel better than I have for 18 years.”

Lisa, a NutriChem client

What is NutriChem?

NutriChem is your solution for optimal health. Get the most comprehensive testing available paired with the most detailed consultation you will ever experience! Together, this will result in the creation of your own personalized vitamin and mineral formula.

Visit **www.nutrichem.com** for more info

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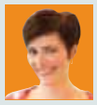
Stuff more than turkey this year, and make it gluten-free, too

Health Solutions

Digging in the cereal box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: white flour and sugar, and flavourings. There is then a fortification of liquid multi-vitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been some recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
- Wheat-free
- Short list of ingredients
- Nuts, seeds, flax, ancient grains
- 100 to 150 calories per cup
- 3 to 10 grams of fibre (not from inulin)
- 2 to 10 grams of protein
- Any cereal containing soy or corn must be organic to avoid genetic modification
- Sugar and sodium should be as low as possible
- No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Alternative Thanksgiving Week.

Vegan guests and those with celiac disease will dig into these stuffed apples

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster.

Here is a dish that will please everyone with its beauty, nutrition and deliciousness. It's a simple way to turn ho-hum stuffing into a focal point. Better yet, it can be eaten by any guest with almost any dietary restriction. Whew!

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir in spices and toast Whole O's, 2 minutes. Add broth and simmer until absorbed.

3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This Gluten-Free Stuffing Stuffed Baked Apples recipe serves four. THERESA ALBERT

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

Side. Winter Squash Stuffed With Quinoa

Acorn squash (also called pepper squash) has a sweet, slightly fibrous flesh and makes a perfect container for quinoa.

Red quinoa has a more interesting flavour than regular quinoa and here it's cooked in tea to give it even more depth to complement the sweetness of the squash.

The skin of acorn squash is edible, so you can eat the whole deal.

1. Heat oven to 230 C (450 F).

2. Cut thin sliver from uncut bottoms of each squash half (so they'll stand flat). Place squash halves, cavity side up, on rimmed baking sheet and use 15 ml (1 tbsp) of oil to brush cavities. Sprinkle cavities with brown sugar, 3 ml (3/4 tsp) of salt and pepper. Bake 30 minutes or until almost fork-tender.

3. Meanwhile, in saucepan, bring 500 ml (2 cups) of water to a boil. Remove from heat, add tea bag and steep 3 minutes. Discard tea bag.

4. In another saucepan, heat 15 ml (1 tbsp) oil over medium heat. Add scallions and garlic and cook 2 minutes, stirring occasionally, until tender. Add quinoa, brewed tea, thyme and remaining salt; bring to boil. Reduce to simmer, cover and cook 17 minutes or until quinoa tender and liquid absorbed. Stir in butter and pecans.

5. Divide quinoa among squash, tent loosely with foil and bake 30 minutes.

THE CANADIAN PRESS/THE BEEKMAN 1802 HEIRLOOM VEGETABLE COOKBOOK BY BRENT RIDGE AND JOSH KILMER-PURCELL (RODALE INC., 2014).

Ingredients

- 2 acorn squash (750 g/1 1/2 lb each), halved lengthwise and seeds discarded
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) plus 5 ml (1 tsp) brown sugar
- 7 ml (1 1/2 tsp) coarse salt
- 2 ml (1/2 tsp) black pepper
- 1 English Breakfast tea bag
- 3 scallions, thinly sliced
- 2 garlic cloves, thinly sliced
- 250 ml (1 cup) red quinoa, rinsed
- 1 ml (1/4 tsp) dried thyme
- 30 ml (2 tbsp) unsalted butter
- 125 ml (1/2 cup) pecans, chopped

'Towels carry Ebola'

Mascot's sign prompts Jaguars apology

The Jacksonville Jaguars have apologized for their mascot using the Ebola epidemic to mock the Pittsburgh Steelers.

Jaxson de Ville held one of Pittsburgh's famed yellow "Terrible Towels" next to a homemade sign that read "TOWELS CARRY EBOLA" during Sunday's game.

Team president Mark Lamping said the Jaguars had no prior knowledge of the sign and will handle the matter internally.

"We extend our sincerest apologies to anyone who was offended," said Lamping. Curtis Dvorak has worn the cat costume since the mascot's inception in 1996.

THE ASSOCIATED PRESS

MLB drug scandal

Bosch's bail revoked after cocaine test

The former owner of the clinic at the centre of Major League Baseball's recent performance-enhancing drug scandal had his bail revoked Monday because of recent positive tests for cocaine use.

U.S. District Judge Darrin P. Gayles ordered Anthony Bosch jailed immediately. Bosch tested positive twice in August for cocaine use, after he was released on $100,000 bail under conditions including no use of illegal drugs and random urine testing. Gayles also found Bosch wasn't regularly attending voluntary drug treatment.

THE ASSOCIATED PRESS

Washington Nationals' Wilson Ramos scores past the tag of San Francisco Giants catcher Buster Posey, left, in the seventh inning during Game 3 of the NL Division Series in San Francisco, Monday. BEN MARGOT/THE ASSOCIATED PRESS

Fister takes over Bumgarner's park

NLDS. Nationals dodge Giants' sweep with pitcher's seven shutout innings

Game 3

Nationals	Giants
4	1

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said.

"Fortunately a ball bounced our way."

Drew Storen allowed to the first two batters to reach in the bottom of the ninth but shook off his post-season struggles, allowing a run in closing it out as Washington forced a Game 4 on Tuesday night.

Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

On a day Bumgarner had been nearly untouchable, his 21-inning post-season scoreless streak ended on his own miscue. Now, the Giants must wait another day to try to eliminate the Nationals, who trail 2-1 in the best-of-five series.

Fister outpitched Bumgarner at AT&T Park for the second time in four months after a June gem, leaving behind the frightening memory of his October outing here in Game 2 of the 2012 World Series.

THE ASSOCIATED PRESS

Phelps fined, suspended for six months

Michael Phelps swimming at the Gold Coast Aquatic Centre, Gold Coast, Australia, in August. PATRICK HAMILTON/AFP/GETTY IMAGES

Michael Phelps' comeback took a major hit on Monday, with USA Swimming suspending the 18-time Olympic champion for six months and forcing him to withdraw from next year's world championships.

Phelps also lost six months of funding from the sport's national governing body as a result of his second DUI arrest. The 29-year-old swimmer is banned from participating in USA Swimming-sanctioned meets through April 6, 2015.

Phelps can still train with his North Baltimore club, but he had already qualified for the world championships in Russia next August, which is the biggest international meet leading up to the 2016 Rio de Janeiro Olympics.

Phelps came out of retirement earlier this year with his sights set on competing at a fifth Olympics in Rio. Being barred from the world meet could put a serious dent in those ambitions.

His latest arrest came about a month after Phelps won three golds and two silvers at the Pan Pacific Championships in Australia. He had retired after the 2012 London Olympics, having won a record 18 gold medals and 22 medals in four games.

Phelps' monthly funding stipend of $1,750 will be halted for six months, costing him a total of $10,500. That is small change compared to the millions he earns through several major endorsements, including Aqua Sphere, Subway, Under Armour, Omega and Master Spas.

THE ASSOCIATED PRESS

4 SPORTS

Raps, Harding eyeing the future

NBA. Toronto club giving WNBA star with coaching ambitions a look behind the bench

The guest in the Toronto Raptors coaches' meeting on the weekend was a typical young wannabe, inquisitive and respectful, anxious to learn the nuances of the business from Dwane Casey and his staff with an eye to one day being on an NBA bench, a dream of one day running a team.

It is a sign of the NBA times that the guest was a 30-year-old woman and no one in the room was fazed in the least.

Lindsey Harding, a former first overall WNBA draft pick, is one of a growing list of young women who see the NBA as a viable opportunity to ply their craft.

"I've always liked coaching. When I was like 13 and started playing basketball — I grew up in Houston — I remember telling my dad I wanted to coach for the Rockets and he said, 'OK, do it,' because I had a father who told me I could do anything," said Harding, who spent two days observing Raptors camp in B.C., sitting in on meetings, watching practice, absorbing information.

It should really come as no surprise that NBA teams are exploring every option — regardless of gender or nationality — to find talent. It's long been seen as a progressive league, with female officials and high-ranking front-office employees.

Coaching is just the next step and Gregg Popovich and the San Antonio Spurs made it a reality by naming Becky Hammon the first full-time, sit-on-the-bench assistant in NBA history this summer.

"More than anything, it's perhaps an idea whose time has come," said Rick Carlisle, head coach of the Dallas Mavericks and president of the NBA Coaches Association. "I respect Lindsey a lot because she's taken a proactive approach to beginning her coaching career."

Harding and Casey became acquainted when Harding, at the urging of Carlisle, attended an NBA coaches meeting in Chicago last summer. The Raptors head coach had no problem inviting her to camp to watch and learn.

"If someone can bring something to the table, I'm all ears," Casey said.

"I think that's a thing of the future, I think our league is becoming a blind-to-gender league (but) you have to have the right personality, the right approach, right knowledge to get the respect of the players."

That was the common theme through every conversation on the matter. Players, coaches and officials don't care about gender, they care about knowledge.

"I think if you know the game, you know the game," said Raptors star Kyle Lowry. "As long as it makes sense and they know what they're talking about, it doesn't matter who it is."

TORSTAR NEWS SERVICE

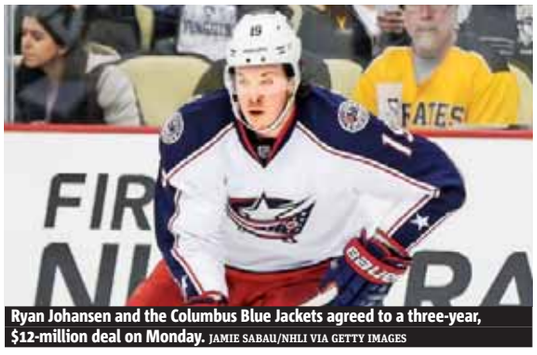
Women's Bench Press

"I mean it's not necessarily that she's a woman; in their opinion she was the best for that job, and that's what I want to be and that's why I want to continue to learn and grow regardless of my gender."

Lindsey Harding on Becky Hammon who was recently hired as an assistant coach with the Spurs

Los Angeles Sparks guard Lindsey Harding has been shadowing the Toronto Raptors' coaching staff this training camp, with hopes of landing a job behind an NBA bench after her playing days are over. CHRISTIAN PETERSEN/GETTY IMAGES

Jackets get Johansen deal done in nick of time



Ryan Johansen and the Columbus Blue Jackets agreed to a three-year, $12-million deal on Monday. JAMIE SABAU/NHLI VIA GETTY IMAGES

Ryan Johansen missed most of training camp in a loud and public contract impasse.

He also missed his teammates.

The team's 22-year-old leading scorer finally reached agreement with the club on a three-year deal that will pay him $3 million US each of the first two years and $6 million in the third year. The cap hit will be $4 million per season, according to figures supplied by the office of Johansen's agent, Kurt Overhardt.

"I'm really excited to have this deal done," Johansen said in a statement. "I can't wait to rejoin my teammates, coaches and our fans in Columbus and help this team build on what we've started the past two seasons."

Coach Todd Richards was happy to have Johansen returning and also be rid of the distraction of the strained negotiations.

"(The signing is) nice on a couple of fronts," Richards said. "We're getting a good player back and with everyone else it's not a story or a distraction that's lingering in the background."

Johansen had totalled just 14 goals and 19 assists in his first 107 NHL games before exploding for 33 goals and 30 assists in 82 games last season, while leading the club to its best regular-season record ever and a berth in the playoffs.

But he was a restricted free agent and the negotiations soon got ugly.

"Obviously I'm very pleased to get this over with," general manager Jarmo Kekalainen said. "I talked to Joey briefly already and just basically told him, 'Get your butt over here and let's get to work.'"

THE ASSOCIATED PRESS

No time to catch up

Pending travel and visa arrangements, Ryan Johansen, who was in his native Vancouver area when the deal was announced, was expected to be available for the Blue Jackets' season opener on Thursday night in Buffalo.

Tennis

Bouchard hits new Canadian high

Eugenie Bouchard has become the first Canadian tennis player to reach No. 6 in the WTA world rankings.

The 20-year-old from Westmount, Que., has been in the top 10 since July, when she moved from 13th to seventh.

THE CANADIAN PRESS

NHL

Bouillon fails to make Habs' cut

Francis Bouillon's bid for another season with the Montreal Canadiens is over.

The veteran defenceman who was a favourite of coach Michel Therrien dating to their junior days in the 1990s was told Monday he would not be offered a contract. THE CANADIAN PRESS

Mental health awareness

OHL launches 'Talk Today' program

Seven months after the suicide of Saginaw Spirit forward Terry Trafford, the Ontario Hockey League is teaming up with the Canadian Mental Health Association to help players understand, recognize and treat mental health issues.

"We view the importance of this subject matter, given the terrible tragedy that we all faced, that we had to maybe step up our efforts in this area and provide a more focused area of support," OHL commissioner David Branch said Monday.

The OHL's 20 teams will be assigned a mental health coach who will be available for players, coaches, parents, billets and other members of the organization.

THE CANADIAN PRESS

Television rights

ESPN, TNT strike deal with NBA

The NBA and its television partners couldn't wait to extend their contracts.

The league renewed its deals with ESPN and TNT even though two seasons remain on the old ones.

The NBA's annual revenue from the agreements will increase from $930 million to more than $2.6 billion, according to a person familiar with the terms. The person spoke on condition of anonymity to The Associated Press because the league did not announce financial figures.

The contracts will run an additional nine years through the 2024-25 season. The previous eight-year agreements end after 2015-16. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus
April 21 - May 21
What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini
May 22 - June 21
Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer
June 22 - July 23
Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo
July 24 - Aug. 23
According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo
Aug. 24 - Sept. 23
Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra
Sept. 24 - Oct. 23
Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio
Oct. 24 - Nov. 22
There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

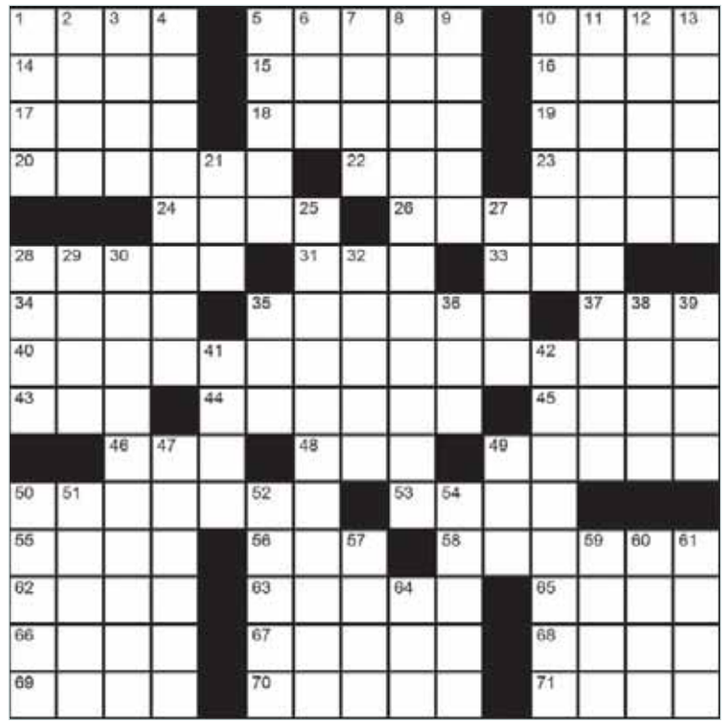
♐ Sagittarius
Nov. 23 - Dec. 21
Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn
Dec. 22 - Jan. 20
If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius
Jan. 21 - Feb. 19
You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces
Feb. 20 - March 20
It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan



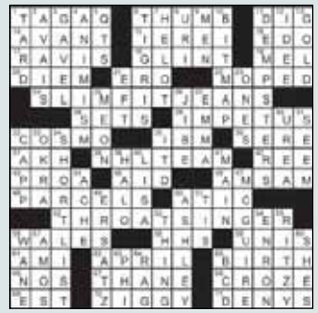
Across

1. Canadian artist, Wanda __
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at __ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in $$$
35. 1987 U2 album: 'The __ Tree'
37. Thrill __ _ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course
56. Plane's take-off info
58. Foreigner hit
62. __-de-camp
63. __ River, BC
65. Some punk music fans
66. Musical Lady
67. __ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-halos

Down

1. Held
2. Medley meal
3. Margarine
4. __ Brothers: "Soul City" Canadian group
5. Dance style
6. Shade
7. Classical song
8. Calgary Stampeders mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse
11. City of the dead
12. __ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. __ __ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/Uma Thurman spy movie, "The __" (1998)
47. Greece-__ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	2				4	9	
			9		1			
9	1			3			7	8
		6	2		5	1		
5								7
		3	8		6	9		
7	5			2			4	6
			6		4			
	8	4				3	2	

Yesterday's Sudoku

8	1	9	2	5	4	6	7	3
2	5	3	6	7	9	8	1	4
6	4	7	1	3	8	9	2	5
7	9	1	5	8	2	4	3	6
3	2	8	9	4	6	1	5	7
5	6	4	7	1	3	2	9	8
9	7	5	4	6	1	3	8	2
1	3	6	8	2	7	5	4	9
4	8	2	3	9	5	7	6	1

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